

RULES

FOR THE

Management of Infants and Children.

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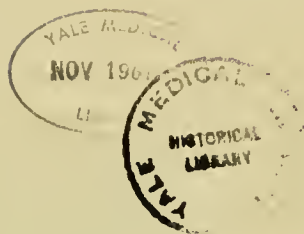


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RULES FOR THE MANAGEMENT OF INFANTS.

CLEANLINESS.

AN infant should be bathed every morning in warm water. The head should be washed as well as the rest of the body. If it is feeble, or if the weather is unusually hot, it should also be bathed again, before being put to bed at night. After washing, the body should be wiped thoroughly dry. As the child grows older the temperature of the water should be gradually lowered, so that, by the time the baby is four months of age, water should be used to which only warm water enough has been added to take the chill off.

Let the diapers be frequently changed, and have them always washed in boiling water before being used a second time. If possible never have the diapers dried in the room occupied by the baby.

FRESH AIR.

Give the child all the fresh air possible. Keep the windows of the room open day and night in hot weather, unless the heat of the outside atmosphere is greater than that within the room. Avoid as much as possible any overcrowding of the room occupied by the baby, especially at night. Have the baby taken out every day when the weather is fine. Do not keep the child in the same room in which cooking or washing is going on.

CLOTHING.

The clothing of a baby should be light, loose, and warm. Except during the summer months the arms and legs should be covered. A flannel swathe should be worn in the summer as well as in the winter. Have the night-dress thoroughly aired during the day, and the day-clothes aired during the night. Use only safety-pins. Do not keep the child's head

heated by any covering, except when out-doors or when exposed to unusual cold. In summer never allow the child to be exposed to the direct rays of the sun.

SLEEP.

Every baby requires considerable sleep. Never wake a sleeping child. It should never be allowed to sleep in the same bed with any other person. Regularity in reference to its hours of sleep is as necessary as for its times of feeding. At those hours it should be put in its bed, where it should be left to go to sleep, unaided by any rocking. A child very quickly acquires the habit of going to sleep on being put to bed. Wherever placed in the room, the head of the cradle should be towards the window, so that the eyes may be protected as much as possible from the light.

DIET.

As a rule, until a child has its eight centre teeth it should receive *no food that does not consist entirely or mainly of milk.*

Breast-milk is better than cow's milk, and the mother's milk superior to that of a wet-nurse. Observe regular hours for feeding. When overheated or fatigued never nurse a child.

Until the child is six weeks old feed it at intervals of between two and three hours during the day, and every three hours during night. After this gradually lengthen the intervals between the meals, so that, by the time the baby is four months old, it shall be fed every four hours during the day, and if necessary once during the night.

Do not consider that every time a child cries it is necessarily hungry. In hot weather, or if the child is feverish, allow it to drink freely of cold water.

If the mother has not breast-milk sufficient for the child let the child be fed twice a day with the bottle. A flat bottle, its open mouth covered with a black rubber nipple,

is all that is required. Complicated nursing-bottles should never be used, owing to the difficulty which will be found in keeping them properly cleaned.

At first equal parts of milk and warm water should be used, with the addition of half a teaspoonful of sugar, if the child will not take it without. The quantity of food thus prepared for a meal should not at first exceed a sixth of a pint. As the child grows older the amount of water added should be lessened, and the sugar should be altogether omitted. By the time the child is four months old it should have pure milk, which in very hot weather need not be warmed. Immediately after using the bottle, always scald it thoroughly. The rubber nipple should be kept always in cold water when not in use. In very hot weather a little soda should be added to the water with which the bottle is washed, and also to that in which the nipple is kept. The best milk is obtained by allowing the can to stand about an hour after receiving it, and then pouring off for use the upper two-thirds.

In very hot weather the milk which has thus been poured off should be at once boiled. It is also well to add, during the extreme heat of the summer, especially if the child is at all troubled with diarrhœa or vomiting, a teaspoonful of lime-water to each two tablespoonfuls of milk.

If the child is to be brought up by hand, it should be fed with the bottle, as described above, and at the same times as if nursed.

If *pure* milk cannot be obtained, condensed milk may be tried. It should always be kept in a cool place, and is best prepared by adding one teaspoonful of the milk to six tablespoonfuls of boiling water. As the child grows, the strength of the mixture should be increased.

All prepared varieties of so-called infant's food are to be avoided, unless especially ordered by a physician. There is no proper substitute for milk.

WEANING.

As soon as the centre teeth have come, the child should have in addition to its milk one or two other meals a day. These should consist *only* of bread, either fresh or stale, or crackers with the milk. (Too fresh bread should never be used.) Gradually the mother's milk should be withdrawn from the child, so that it should be completely weaned by the ninth month, unless that period should happen to fall in the midsummer. *Milk should still be its main diet.* After the child is ten months old, it may have one meal a day of simple broth (mutton or chicken), or beef tea with bread. When the child is a year old it may have daily a little meat, cooked rare, and cut up fine. The yolk of a fresh rare-boiled egg may also be given daily. Even at that age, however, milk should be freely given, and should form the main part of its diet.

GENERAL ADVICE.

Have the child properly vaccinated as early as possible.

Never urge a child to walk. Nature is the best guide, and when the limbs are strong enough to bear the weight of the body, the child will try to walk itself.

Never, under any circumstances, except by medical advice, give a child soothing-syrups, sleeping drops, cordials, spirits, or any of the so-called carminatives.

If a child is suddenly taken sick with vomiting and diarrhoea, send immediately for the doctor. Until he arrives *give no medicine*; but, if the child seems in pain, wring out flannels in hot water and place them over the belly. Keep the child's body, arms, and legs warm. Keep cool, and do not give the child the various things which will be suggested by the neighbors.

To make lime-water, put half a pound of quick-lime into an earthen vessel, pour over it slowly a gallon of cold water, stir it well and allow it to stand twenty-four hours; then skim it and pour off the clear liquid into clean bottles, which should subsequently be well corked.

RULES FOR THE MANAGEMENT OF CHILDREN OVER TWO YEARS OF AGE.

Regularity as to the hours of eating and sleeping should be insisted upon for children after, as well as before, they are weaned.

Children should be bathed frequently, and should be allowed plenty of fresh air and exercise. The sleeping apartment should always be well ventilated. Each child should have its own bed, if possible.

Plenty of good, substantial food should be given, and children should not be allowed to eat confectionery, cake, pies, or any similar articles. Unripe or over-ripe fruit should be forbidden. Tea and coffee should not be given to them.

Exposure to sudden changes of heat and cold, to wet and dampness, or to the direct rays of the summer's sun without proper protection, should be avoided at all times.

In the colder months of the year flannel should always be worn next to the skin, at least over the child's chest.

